

## The Benefits of Exercise

Today we are going to be talking about some safety and medical conditions that you should be aware of before starting any exercise program. First, off if you have not exercised in awhile you will want to refer to your physician before starting an exercise routine, and if you experience any of the following conditions you should immediately stop exercising; severe pain, tightness, pressure or discomfort in your chest, severe shortness of breath, severe nausea or vomiting, sudden onset of weakness or changes in sensation in your arm and/or leg on one side of your body, difficulty swallowing, talking or seeing, severe headache or dizziness. So again, if you experience any of these symptoms please stop working out immediately, rest for a few minutes. If the symptoms do not go away you need to dial 911, and for a full list of these symptoms again refer to your handout.

Hi. I am Dale. During this segment we are going to discuss the benefits of regular exercise. Those include helping manage your weight, reduce your risk of heart disease and stroke along with decreasing your blood pressure, reduce your risk of colon cancer, helps prevent and control diabetes, may decrease your bad cholesterol which is LDL and raise your good cholesterol, the HDL. It will help improve your sleep, strengthen bones and helps prevent injury, and increase muscular strength and endurance. It will also increase flexibility and range of motion. It improves your mood, helps with stress and depression, improves self esteem, and in general it just makes you feel better. If exercise were in a pill form it would be the most widely prescribed medication in the world. Now let's listen to some of our Veterans and hear the benefits they receive they receive from exercise.

Now it seems like in the last six months since I have been walking I used to have a little bit of joint pain in like the knees, once in a while in the hips. I am not having any pain whatsoever.

Once you get started into it, it's an addiction. You don't even think about it. You put your clothes on that you're going to exercise in and go out and do it. Once you start doing it you feel so much better when you do it.

After I get done exercising I feel good. I am ready to start the day.

Those aches and pains that you have when you first get out of bed in the morning are gone within five minutes of starting to exercise.

I do not like working out any more than anybody else does, but when I bought a bike here last summer I was huffing and puffing after about six blocks. I am up to 12 miles a day.

You have got to keep working out. If I don't get up and workout in the morning, I feel like a dog the rest of the day. But if I get up and work out in the morning I can do so much the rest of the day that it's unbelievable.

My advice is to get in there and stay with the program. Just keep tweaking, do not get down on yourself. It is not easy to move, but you have to move and that is a good name for the program. Just keep moving.

We have talked about a lot of benefits of exercise today. Please refer to your handout benefits of exercise for a complete list. I look forward to seeing you next week.